

NDPERS Dakota Wellness Program

at Sanford Health Plan



Fully focused

How often do you feel fully immersed and focused on a project you are working on? Or do you feel like you're constantly distracted by various updates? Incoming emails, text messages, online news, meetings, weather alerts and social media alerts have us impulsively responding to the "ping". This state of unending interruptions, which Linda Stone describes as "continuous partial attention," limits our productivity. We've compiled top suggestions to counteract the "ping" and help you fully focus.

1. Cluster activities like meetings and phone calls together to limit focus shift, which wastes time.
2. Work solely on one project for a predetermined amount of time. In *Are You Fully Charged?*, Tom Rath shares that the most productive employees work 52 minutes at a sprint and then take a 17 minute break.
3. Rethink your email strategy to limit distractions. These options can be tweaked to fit your needs:
 - o Check email for the first ten minutes at the top of each hour.
 - o Change your delivery settings so emails are only dropped into your inbox every 30 minutes.
 - o Check email only twice each day—once at noon and again at 4 p.m.
4. Change your phone's notification settings to help you ignore the most recent update.

An organized mind will help you focus more intently, and also benefit your health. Staying positive, sleeping well, avoiding sugary snacks, exercising and being mindful all help tame the frenzy. At the end of the work day take ten minutes to review notes from the day and plan tasks for tomorrow. Follow these steps and you'll be in the zone in no time.

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MEMBER NEWSLETTER

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MONTHLY OBSERVANCES

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5-11—Suicide Prevention

11—Day of Service and Remembrance

24—Family Health and Fitness

*Find a complete list of observances
at healthfinder.gov/NHO*

WELLNESS ACTIVITIES

*Book Club: **The Accidental***

*Creative: **How to be Brilliant at a***

Moment's Notice by Todd Henry

SANFORD
HEALTH PLAN

Food safety

Food safety is always important, but it becomes even more important as you age. Older adults are at an increased risk of complications from foodborne illness, particularly from the pathogens E.Coli, Campylobacter and Salmonella.

Know what foods have a higher chance of contamination to help limit exposure. These foods include soft cheeses made from unpasteurized milk, raw or undercooked meat, poultry, eggs and seafood. Unwashed fresh vegetables and raw sprouts also have an increased chance.

To minimize risks, always clean surfaces and hands with soap and warm water, keep raw meat and ready-to-eat foods separated at all times, and check that food is cooked to the appropriate temperature by using a food thermometer.

Also use the two hour rule. Keep hot food hot, and eat it within two hours. If not eating immediately, keep it in an oven above 140°F. Cold foods should also be eaten within two hours of removing from refrigeration.

Follow these tips to keep yourself healthy and minimize the risk of foodborne illness.

Where do you fall in the stages of change?

At one time or another many of us have tried to embark on a new goal or change a habit. Changing your current behaviors or starting a new habit takes time and effort. Only 20 percent of us are actually ready to change our behavior. Once you have decided to change, it is important to understand where you are along the Transtheoretical Model of Change. This will guide you to appropriate activities and the right steps toward your desired outcome. As you move through each stage from left to right, you can double your chances of success in the next six to twelve months.

Precontemplation	Contemplation	Preparation	Action	Maintenance
Do not intend to take action in the foreseeable future.	Aware of the pros of change.	Create a plan to start taking action.	Believe you have the ability to change. Taking steps to change.	Created new habits. Avoid returning to old habits.
Take action: Create awareness.	Take action: Internal motivation.	Take action: Education and planning.	Take action: Set a goal.	Take action: Reinforce and remind.

Give it a try...

Mind-body training

When it comes to productivity most of us feel like we either have it or we don't. We do not realize we are capable of strengthening our ability to focus. It might seem counterproductive to add one more thing to our to do list, but these methods can help us be more efficient right away and increase resiliency over time.

Awareness - Take a minute or two and simply pay attention to your surroundings—the sights, sounds and smells. Then, bring your awareness to areas in your body—hands, feet, face or back. This is very helpful if you feel distracted by thoughts or emotions.

Take a deep breath - Abdominal breathing stops the stress response and strengthens posture. Take a couple deep breaths and let it all out.

Balance - Balance training improves concentration and awareness. Start by standing on one leg. Close your eyes and extend your arms out, so they are parallel to the floor. Hold for 5 to 10 seconds. Try holding the pose for longer and incorporating the awareness technique explained above as you advance.

Pasta fresca

Serves: 3
Total Time: 30 min | Prep: 10 min | Cook: 20 min

Ingredients

6 ounces whole grain pasta	1 Tbsp lemon juice
½ cup low sodium broth	1 cup halved grape tomatoes
1 Tbsp olive oil	Black pepper to taste
½ cup fat free cream cheese	½ cup chopped pepper (red, yellow or red)
1 clove of garlic minced	1 cup chopped fresh or ½ cup frozen spinach leaves
1 Tbsp Italian seasoning	
¼ cup chopped onion	

Directions

Boil noodles according to package directions. In a skillet over medium/high heat add oil and heat for 3 minutes. Add garlic and onion and sauté for one minute. Add tomato, pepper and sauté until heated through, about 5 minutes. Turn heat to low and add spinach, broth, cream cheese, seasonings and lemon juice. Stir frequently until cheese is melted. Turn off heat and add pasta to pan until coated with sauce.

Nutrition facts

Calories: 196 | Total Fat: 6g | Sodium: 300mg
Total Carbohydrates: 27g | Dietary Fiber: 5g | Total Protein: 12g